

IN THE CLAIMS

1. (Currently amended) A healthy chair comprising:

- a seat plate inclined downward from a rear side towards a front side at a fixed angle between about 12 to about 15 degrees from horizontal, and having a lower side surface;
  - a plurality of feet, fixedly mounted on said lower side surface of said seat plate, supporting said seat plate;
  - at least two ~~foot~~ ankle support rods each attached to at least one of said plurality of feet, said ~~foot~~ ankle support rods projecting laterally outward in opposing directions below said rear side of said lower surface of said seat plate, positioned to allow a user of said healthy chair to hook their ankles behind said support rods with the toes pointed downward; and
  - a frontal torso positioning device, having a fixed end fastened to said seat plate and a free end extending forward and upward from said seat plate at a fixed position, wherein said frontal torso positioning device has a shape like the letter L; and
  - whereby said seat plate, said ankle support rods, and said frontal torso positioning device cooperate in producing a desired healthy posture for a user of said healthy chair.
- 2 (Cancelled) A healthy chair according to claim 1, wherein said frontal torso positioning device has a shape like the letter L.